

# Standard Drink Chart

## STANDARD-SIZED DRINK EQUIVALENTS

### APPROXIMATE NUMBER OF STANDARD-SIZED DRINKS IN:

#### BEER or COOLER

12 oz.  
~5% alcohol

- 12 oz. = 1
- 16 oz. = 1.3
- 22 oz. = 2
- 40 oz. = 3.3



#### MALT LIQUOR

8-9 oz.  
~7% alcohol

- 12 oz. = 1.5
- 16 oz. = 2
- 22 oz. = 2.5
- 40 oz. = 4.5



#### TABLE WINE

5 oz.  
~12% alcohol

- a 750 mL (25 oz.)  
bottle = 5



#### 80-proof SPIRITS (hard liquor)

1.5 oz.  
~40% alcohol

- a mixed  
drink = 1 or more\*
- a pint (16 oz.) = 11
- a fifth (25 oz.) = 17
- 1.75 L (59 oz.) = 39

